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ABSTRACT

This workbook is part of the series, which describes the goals and objectives of schools and classes for pregnant minors, the financial assistance provided by the California Legislature, and the legal implications. This volume gives information on prenatal growth and development, presents guides for good nutrition, discusses labor and delivery, costs, and postpartum period. (Author/ST)

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YOU ARE PREGNANT!

NOW WHAT?

WORKBOOK I

(Also available is Workbook II: Your Baby Is Born!)

U.S. DEPARTMENT OF HEALTH,
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By

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YOU ARE PREGNANT!

NOW WHAT?

WORKBOOK I

A workbook for each individual girl enrolled in a special program for pregnant minors to be used in conjunction with classes such as "Family Living," "Modern Living," "Infant Management," "Nutrition," "Child Development," etc.

(California Administrative Code, Title 5, Section 3644.)

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BEFORE YOUR BABY IS BORN

Now that you know for sure you are pregnant, you will have many questions about what will happen. Pregnancy should not be a fearful time, and the more you know about it, the less you will have fears and the more you will enjoy the experiences.

You have made a wise decision to stay in school, and as a part of your work toward the high school diploma, you are enrolled in a special class to help you learn about prenatal care, postnatal care, infant management, and other things a young mother needs to know.

This workbook will assist you as your instructor teaches these subjects and discusses your individual questions with you.

This book belongs to _____

School _____

This page is for you to fill in about yourself when you were born.

Name _____

Date of birth: _____

Place of birth: _____

Time of birth: _____

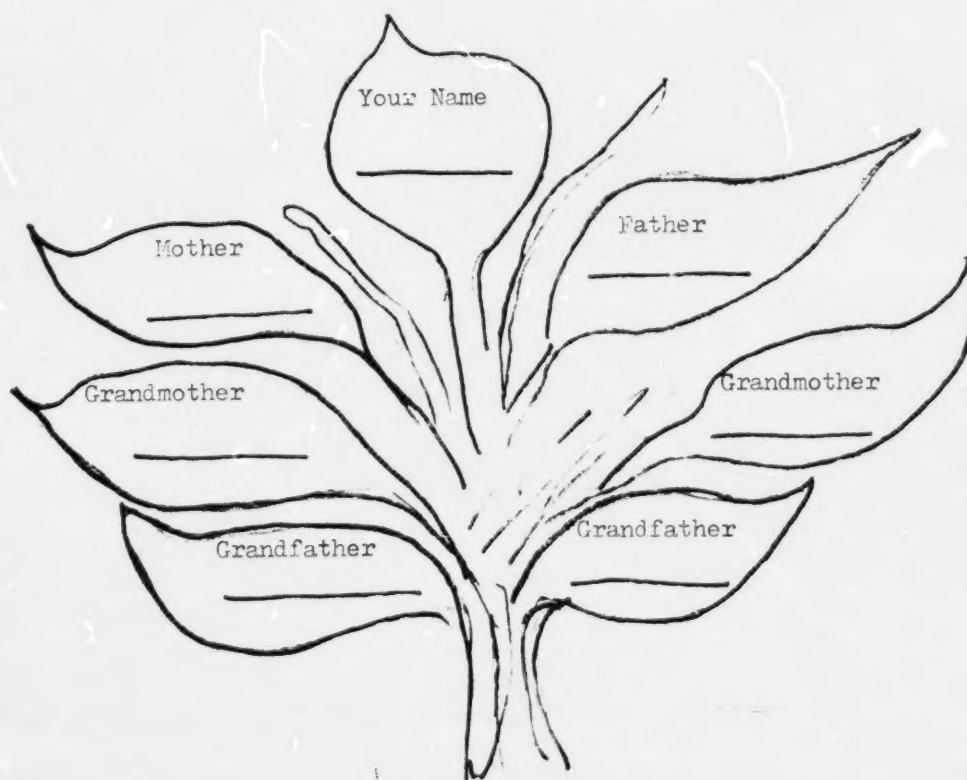
Name of Hospital: _____

Length: _____ Weight: _____

Color of hair: _____ Color of eyes: _____

Any birth marks? _____

Name of doctor who delivered you: _____



1. A NEW LIFE BEGINS

The process of birth has been going on naturally for a very long time and you should not be alarmed or frightened about it. Your body will adjust to the developing baby's needs and you will want to help the process in every way you can. This guide will assist you in conjunction with what your instructor provides. Section 5 discusses the reproduction process and Section 6 describes how the baby forms and grows.

Pregnancy is going to be a beautiful new adventure for you. A pregnant girl has a special kind of beauty. A normal pregnancy is not a sickness, it is a natural process in human life. You may feel better than you have ever felt before.

Pregnancy can be a beautiful state of mind and body, but your moods may fluctuate. There may be many times when you feel let down, perhaps cross and out of sorts for no particular reason. Other times you may be extremely happy and content. These emotional ups and downs are part of it all. Your instructor will talk with you when you feel low, or if you wish, a visit to a counselor can be arranged.

A doctor has confirmed your pregnancy. Now what should you expect?

During the nine months of pregnancy, your figure will gradually change. Some girls begin to show their pregnancy during the third month and others don't until their sixth month.

Your breasts will change. They become slightly tender to touch and they become fuller. The nipple and the dark area around it will appear darker in color. The veins of your breasts will become noticeably prominent.

You may experience morning nausea. Many never experience it, others say that they have it in the evening. It is usually only a temporary condition and disappears by the fourth month. Often eating a saltine cracker before you get up in the morning will help prevent nausea.

You may need to urinate more often; as the uterus begins to grow it puts pressure on the bladder.

You may notice signs of pink lines appearing horizontally on your abdomen and on your breasts. These are due to the stretching of the skin and are not serious. The best way to reduce stretch marks is not to gain too much weight. Section 4 on nutrition will help you learn the food values and what you can do to be well nourished without gaining too much weight.

Take no medications or drugs of any kind--not even an aspirin--without your doctor's advice.

Report to your doctor if you have vaginal bleeding or discharge, vomiting, severe headache or pains, unusual swelling of the feet, hands, face, severe backache, or if you have been exposed to an infectious disease. Use the next page to write down the questions you want to discuss with your doctor at your next visit. Also, write any concerns that you have about your pregnancy and then find a time for you and your instructor or nurse to discuss them.

If you were able to give your doctor the exact date of your last menstrual period he told you approximately when your baby will be born.

The doctor told you _____ was the date.

Remember, this is just an approximate date. Few babies arrive exactly on the due date. It may occur anywhere from one to four weeks before or after the expected date. Section 7 discusses labor and delivery. Other sections of Part I discuss preparation for your hospital stay, what your baby will need, circumcision, birth certificate, and the postpartum period.

2. DOCTOR APPOINTMENTS

Name of Doctor or Clinic: _____

Address: _____

Telephone Number: _____

Expected confinement date: _____

It is probably a very good idea to MEMORIZE your doctor's telephone number!

My next medical appointment: Day_____Date_____Time_____

Weight:_____

Questions to ask the Doctor:

Doctor's answers:

* * *

My next medical appointment: Day_____Date_____Time_____

Weight:_____

Questions to ask the Doctor:

Doctor's answers:

* * *

My next medical appointment: Day_____Date_____Time_____

Weight:_____

Questions to ask the Doctor:

Doctor's answers:

My next medical appointment: Day_____Date_____Time_____

Weight:_____

Questions to ask the Doctor:

Doctor's answers:

* * *

My next medical appointment: Day_____Date_____Time_____

Weight:_____

Questions to ask the Doctor:

Doctor's answers:

* * *

My next medical appointment: Day_____Date_____Time_____

Weight:_____

Questions to ask the Doctor:

Doctor's answers:

3. LOOKING AHEAD

Now that you have learned from your doctor that you are pregnant, you need to evaluate your situation and make decisions about your future and the future of your baby. Raising a baby can be a gigantic emotional job and an economic burden.

Do you have a way to take care of your medical and hospital bills? Are you covered by a health insurance policy that will pay for your medical and hospital bills? If you do not have a way to pay for your medical costs, MediCal is California's medical assistance program for all ages. You can get details from your local county welfare department by telephone, by letter, or in person.

- What do I want?
- What is best?
- Shall I keep my baby?
- Can I provide for my baby?
- Shall I place my baby for adoption?

Think over these questions and try to sort out in your mind what is best for you and for your baby. Do not make a decision in haste and later regret it. Do not let anyone influence your decision, but think about all alternatives.

- Where would we live?
- Can I provide support for myself and a baby?
- Where will the money come from for rent, food, and clothes?
- Can I finish high school and get career training if I keep my baby?
- Will I want to give up going to high school activities because I will have a baby to take care of?
- How does the father of the baby influence my decisions?
- What will my parents think if I keep the baby? If I do not?
- How will my friends react to me?

Can you answer all of the above questions? Think carefully about them. Read them over every day until you are sure of your answer to each.

If you are interested in the possibility of placing your baby for adoption, you may go to an adoption agency for help with planning.

An experienced social worker at the agency will discuss with you, in confidence, those things which you need to consider. By going to visit with social workers, you are not making a commitment about your baby. They will help you make plans if you keep your baby as well as if you decide you are unable to care for your baby. You may have decided that another family could give your baby the kind of life you want it to have and you feel it would be best for you not to have the responsibility of a baby at this time.

You can find out where the public adoption agencies are located by contacting the County Department of Social Welfare, and a number of private adoption agencies are listed in the yellow pages of your telephone directory.

Your instructors will be happy to talk with you, listen to your problems, and discuss your situation. They can refer you to many agencies that will provide many kinds of help for you.

You are making decisions for yourself and your baby. They are decisions that only you can make.

Name of Agency	Telephone Number
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

4. NUTRITION

Your doctor will probably tell you how important nutrition is to you now that you are pregnant because of the demands made on you by the growing fetus and to protect and prepare your body for delivery. If you are under 17 years of age your own growth may not be complete.

You are eating for your developing baby, not just for yourself. The only nourishment your baby will get is what you eat; he has to depend on you. Any material needed to build your baby's body comes from the food you eat. The food is digested and passes through the placenta into the blood stream of the fetus. So if your nutrition is good, your baby's body will be well supplied and will be strong; but if your nutrition is poor, your baby's body may be seriously weakened and yours, too. Research has shown that a baby's brain development is directly related to good nourishment.

It is not a question of how much you eat, but how well. Every day your food should provide you with three different kinds of nutrients that are needed for building materials:

protein--for growth and repair of your body and your
baby's body
minerals and vitamins--to aid in the healthy develop-
ment of the baby
fats and carbohydrates--to provide energy

Eating properly means eating a balanced daily diet consisting of food from each of the basic four groups. The fluids you drink are just as important as other food. You need about two quarts of liquid each day.

You will almost certainly gain weight during your pregnancy. Your doctor will probably give you some idea about how much he thinks would be a reasonable amount for you to gain. A slow, steady weight gain is usually a sign everything is normal. The weight gain may be understood by remembering that:

the average full term baby weighs	7 or 8 lbs.
enlarged uterus	2 lbs.
placenta and membranes	1-1/4 lbs.
breasts	3/4 lbs.
amniotic fluid	1-1/2 lbs.
extra fluid	2-1/2 lbs.
	15 lbs.

The four food groups can provide you with the nutrients you will need. Foods are grouped together on the basis of their similarity in nutrient content.

Milk group--you need 4 or more 8 oz. cups each day

Milk may be: skim
powdered (used in cooking)
in cereal

Also count: 1/2 cup cottage cheese
1 inch cube cheddar type cheese
1/2 cup ice cream
1 cup yogurt

Meat group--you need 2 or more 3 oz. servings of beef, veal, pork, variety meats, fish, poultry, or 2 eggs each day

Also count: 1 cup dry beans (cooked)
1/2 cup nuts
4 tablespoons peanut butter

Fruits and Vegetables--4 or more servings daily
(1/2 cup per serving)

1/2 grapefruit
1 apple
1 banana
1 orange

For Vitamin C choose: oranges, orange juice, grapefruit, grapefruit juice, cantaloupe, strawberries

For Vitamin A choose: carrots, spinach, sweet potatoes

Cereal and Bread--choose four servings each day

1 slice of bread*
1/2 cup cooked cereal*
1 oz. ready-to-eat cereal*
1/2 cup cornmeal
1/2 cup macaroni
1/2 cup spaghetti
1/2 cup noodles
1/2 cup rice
1 muffin*
1 biscuit*

*All breads and cereals should be whole grain, enriched, or restored

Your doctor told you that _____ was a desirable amount for you to gain.

Keep the weight record chart to help you check how well you are controlling your weight. Your weight prior to your pregnancy was _____.

lbs.										
160										
150										
140										
130										
120										
110										
100										
90										
weeks	0	4	8	12	16	20	24	28	32	36
dates										

Rarely eat or drink . . . (no-no foods)

candy, cake, pie
doughnuts
soft drinks
potato chips, fritos, puffs, etc.
fried foods
whipped cream

Put an X by the snack foods that are nutritious as well as fairly low in calories:

- | | |
|---|--|
| ☐ 1. cheese | ☐ 9. hot fudge sundae |
| ☐ 2. candy bar | ☐ 10. potato chips |
| ☐ 3. raisins | ☐ 11. carrot sticks |
| ☐ 4. fruit juices | ☐ 12. cherry tomatoes |
| ☐ 5. fruit punch | ☐ 13. dried apricots |
| ☐ 6. milk | ☐ 14. cookies |
| ☐ 7. celery sticks | ☐ 15. lettuce wedge |
| ☐ 8. pie | |

List 10 ways that you can use milk:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

YOUR FOOD CONSUMPTION CHART

Write down the foods you ate for one week. This is a test just for you, not to be compared with other girls unless you want to. Make a mental note of everytime you eat something so you won't forget to write it down. You could keep a notepad in your purse and write in it everytime you ate something, then add it to your chart later. Check what you ate with the requirements that you need and see if you are eating all the necessary foods.

	<u>How much did you have of:</u>	<u>What you need</u>	<u>Check test</u>
MONDAY	Milk group _____	4 cups	Add _____
	_____		o.k. _____
	Meat group _____	2 - 3 oz	Add _____
	_____		o.k. _____
	Fruits/Veg. _____	4 half cups	Add _____
	_____		o.k. _____
	Cereal/Bread _____	4 servings	Add _____
	_____		o.k. _____
TUESDAY	Milk group _____	4 cups	Add _____
	_____		o.k. _____
	Meat group _____	2 - 3 oz.	Add _____
	_____		o.k. _____
	Fruits/Veg. _____	4 half cups	Add _____
	_____		o.k. _____
	Cereal/Bread _____	4 servings	Add _____
	_____		o.k. _____
WEDNESDAY	Milk group _____	4 cups	Add _____
	_____		o.k. _____
	Meat group _____	2 - 3 oz.	Add _____
	_____		o.k. _____
	Fruits/Veg. _____	4 half cups	Add _____
	_____		o.k. _____
	Cereal/Bread _____	4 servings	Add _____
	_____		o.k. _____

	<u>How much did you have of:</u>	<u>What you need</u>	<u>Check test</u>
THURSDAY	Milk group _____	4 cups	Add _____
	_____		o.k. _____
	Meat group _____	2 - 3 oz.	Add _____
	_____		o.k. _____
FRIDAY	Fruits/Veg. _____	4 half cups	Add _____
	_____		o.k. _____
	Cereal/Bread _____	4 servings	Add _____
	_____		o.k. _____
SATURDAY	Milk group _____	4 cups	Add _____
	_____		o.k. _____
	Meat group _____	2 - 3 oz.	Add _____
	_____		o.k. _____
SUNDAY	Fruits/Veg. _____	4 half cups	Add _____
	_____		o.k. _____
	Cereal/Bread _____	4 servings	Add _____
	_____		o.k. _____

If you checked o.k. for all items you get 100%. Deduct 5 points for any requirement you failed to fulfill.

If you ate more than 3 of the "no-no foods" in one week listed on page 11, deduct 5 points for each over 3.

Do this test again and again until you can get 100%. It will help you learn to build good eating habits.

Your instructor will help you analyze what you need to change.

If your doctor tells you that you are gaining too much weight, check your completed list to see where you can cut down without falling below the minimum requirements. Your instructor will give you a calorie counter chart to help you.

TESTING MY EATING HABITS: TEN FOODS I LOVE TO EAT AND DRINK

My 10 favorite foods:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Now turn the page to find the "codes" to use in analyzing your eating habits.

How to "code" your eating habits(page 14):

Symbols:

Circle the food you could most easily do without for one year.

Mark a small + next to each food that is relatively high in food value.

Use a minus - sign for foods high in calories and low in nutrients.

Star * those foods low in calories.

Mark a large X for junk foods or those high in calories with no food value.

Use a # sign for foods you eat too much and/or too often.

Put a 5 by those foods that would not have been on your list last year.

Study your coded answers:

What did the "Ten Foods" exercise reveal to you about your food selection?

Are all of the four food groups represented on your list?

How often do you think you could "afford" to eat the "no-no foods"?

5. REPRODUCTION

A human life begins with a single cell. The cell is the result of a mother's egg cell or ovum joined by a father's sperm cell. The mother's egg cell is much larger than the sperm cell since it contains the first food for the new baby as well as half of all that the baby will inherit. The egg is stored in a girl's ovaries--two small glands on each side of her abdomen. The ovaries alternate in releasing eggs. Releasing an egg is called ovulation. The egg goes into a passageway, or fallopian tube, and goes on through the tube to the uterus or womb. If the egg is joined in the tube by a sperm cell that is making its way from the vagina through the cervix to the uterus, pregnancy begins.

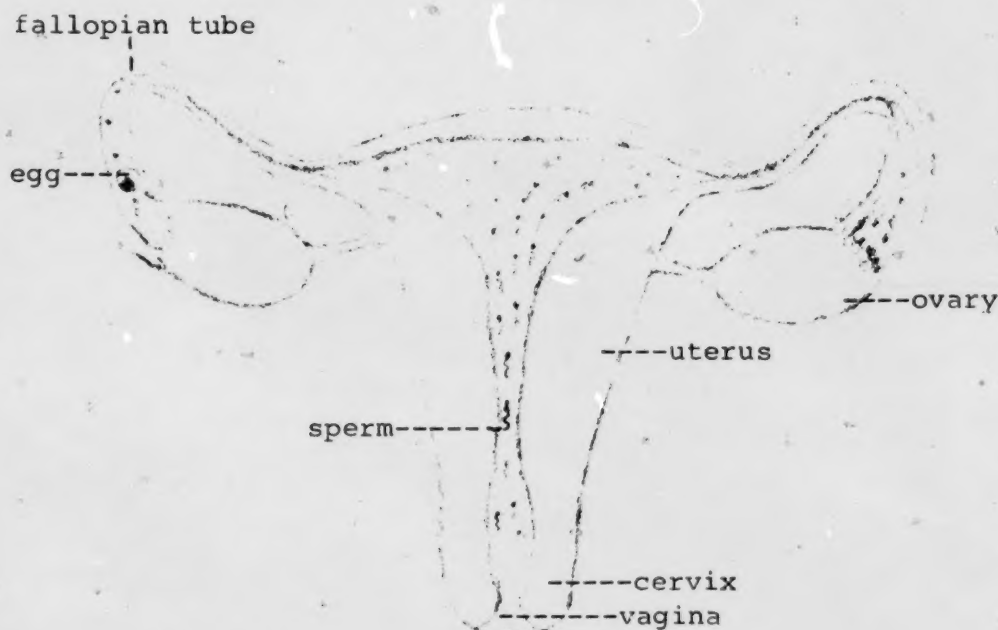
If the egg doesn't join with a sperm before it reaches the uterus, it passes with other waste material through the vagina and a girl calls this flow her period of menstruation. The menstrual cycle is about 28 days. Menstruation takes place about two weeks after the ovary releases an egg. About two weeks after the beginning of menstruation, another egg is released. The cycle repeats, except during pregnancy, until a woman's ovaries stop releasing eggs.

Between three and five days are necessary for the fertilized egg to reach the uterus, and another five days before the ovum is implanted into the uterine wall completely. The outer walls of the uterus or womb are strong and muscular.

Before the baby starts to grow, the uterus is about three inches long and two inches wide, but as the baby grows it stretches and may expand to as much as twenty times its original size. The lining of the uterus grows soft and thick so it can shelter the baby. In the lining, a new and temporary organ called a placenta begins to grow. It is one of the most marvelous organs of the human body. It looks a little like the roots of a plant. Its function is to get food and oxygen from the mother to the baby through the umbilical cord, and to carry off waste products. The umbilical cord connects the placenta with the baby's naval and at birth averages about 21 inches in length.

The amnion, a bag filled with water, grows around the embryo for the baby to float inside. At full term this sac holds between a pint and a quart of liquid but quantities up to 2-1/2 quarts are not regarded as unusual. The fluid stays at the same temperature all the time and it protects the developing baby from shock and injury and provides a medium for free movement. This fluid is not stagnant. It is completely replaced about eight times each day.

The Process of Fertilization



6. NINE MONTHS OF PREGNANCY

The duration of a normal pregnancy is approximately two hundred eighty (280) days starting from the first day of the last normal menstrual period. It is referred to as a nine month time. Let's see what happens during those months. The nine months can be divided into three periods of three months each, called trimesters. For some mothers the first trimester may be a rather trying period, but it is important in the development of the embryo. The second trimester is one of relative calm. In the third trimester anxiety and discomfort may return as labor and delivery become close.

First trimester. During this period the new life is called an embryo. (When all the organs have formed he is called the fetus until birth.) The first eight weeks the embryo baby undergoes so much development that something new is actually forming each minute of the time. The cells separate into layers of different types of cells which form the different parts of the new baby. One layer will become the skeleton, heart and blood vessels, another will form the digestive system and another layer the baby's brain and nerves. By the fifth week, the embryo is a tiny creature about one-fourth inch long. The brain and nervous system is forming and the heart has begun to beat. At the end of the eight weeks the fetus will be about one and one-half inches long. The limbs will begin to show distinct divisions into arms, elbows, forearm and hand, thigh, knee, lower leg, and foot. The face and features are formed. The eyelids begin to close over the developing eye. By the end of the first three months the embryo has grown to weigh almost an ounce and is about three inches long. Its arms, hands, fingers, legs, feet, toes are fully formed. The nails are just appearing. The ears start forming.

Second trimester. By the fifth month you will be able to feel your baby moving. You can feel the fetus kicking and moving about. Hair is growing on the baby's head. The fingernails are growing. The eyes can open and eyelashes have appeared.

Third trimester. During the last three months the fetus continues to gain weight. His organs continue to develop and mature. By the seventh month, he is almost 12 inches long and may weigh a pound and a half. A baby born in the seventh month has a fair chance to survive, if he is kept in an incubator. An eight month baby has a good chance of surviving since during that one month his weight almost doubles.

At the end of the ninth month the baby is ready to be born. He is ready to leave his warm environment. A full term baby weighs on an average of seven to eight pounds and is 19 to 21 inches long.

The unborn baby:

- can hear
- can see
- can open and shut his eyes
- can swim
- knows where his mouth is
- knows how to suck
- knows how to swallow
- can cry
- can kick
- knows if he has been hurt
- knows if he is uncomfortable

6a. HOW SEX OF YOUR BABY IS DETERMINED

A baby's sex is determined by the male cell that fertilizes the ovum. It is the only inheritance that the baby receives from just one parent. Chromosomes carry the genetic determination of babies. The father contributes 23 chromosomes including an X or a Y and the mother contributes 23 including an X. If the sperm with an X chromosome unites with the mother's X chromosome, the baby will be a girl. When the father's Y chromosome unites with the mother's X chromosome the baby is a boy. It seems it is a matter of chance if the father's X or Y chromosome first reaches and fertilizes the mother's X chromosome.

At the moment of fertilization, the hereditary characteristics are set: color of eyes, skin, hair color, and other characteristics that will make your baby an individual.

6b. TWINS

Your chance of having twins is only about 1 in 90. Your doctor will probably know and tell you in advance if he thinks you are going to have twins. He will tell you if he hears two distinct fetal heart beats or if he feels two separate babies as he examines you.

Twins occur after fertilization in two ways and are called fraternal or identical.

The identical twins begin with a fertilized egg but if the fertilized ovum splits into two identical parts, it produces identical twins. Each will possess identical chromosomes with identical genetic material, and the pair will be identical twins. They are usually attached to the same placenta, but they always have separate umbilical cords and bags of water. Identical twins always are of the same sex.

If two ova are fertilized at about the same time, the babies will be fraternal twins. They are different from the beginning. They may or may not be of the same sex. Each baby has its own placenta and its own bag of water.

6c. RH FACTOR

RH factor is a protein substance carried on the red blood of most people. Early in your pregnancy your blood will be tested to find out your blood type and for the presence or absence of the RH factor. If you have the substance in your blood cells, you are called RH positive, but if you lack it, you are called RH negative. A person may or may not inherit the RH factor.

If both the mother and the father are RH positive, which is most often the case, there is no concern. If both the mother and the father are RH negative, there is no concern. If the father is RH negative and the mother is RH positive, there is no effect on the baby. The RH factor is a concern only when the mother is RH negative and the father is RH positive. The baby may have RH positive like the father and when the fetus' RH positive cells enter his mother's RH negative blood stream antibodies may form. When these antibodies pass through the placenta into the baby's blood stream, they attack his positive blood cells. In this case, the baby will be born with jaundice (skin will be yellow) and with anemia. The jaundice goes away in a few days. If it is a severe case, the doctor will exchange the baby's blood.

It is rare that the first pregnancy will have a reaction to the RH factor even if the mother is RH negative and the father is RH positive. The reaction most generally occurs in the second, third, or fourth pregnancy.

7. GETTING READY FOR THE HOSPITAL

A few weeks before your expectant date to go to the hospital, pack a small bag with things you feel you will need while at the hospital. You may want to take:

1. a robe
2. slippers or shoes
3. gown
4. make-up, comb, brush, toothbrush, toothpaste
5. 3 or 4 brassieres
6. underpants
7. arrange to have clothes to wear home brought in when you are discharged
8. have baby clothes packed in a box or bag for someone to bring when they come for you and your baby. You should have:
 - a. 2 or 3 diapers and safety pins
 - b. a shirt
 - c. a gown
 - d. a blanket or bunting
 - e. sweater, cap, and booties depending on the weather

Take anything to the hospital which you feel will give you a lift or prove entertaining. It might be wise to have some identification on your things.

8. LABOR AND DELIVERY

When your baby has developed enough to get along in the outside world, several things may happen to let you know that labor will soon begin:

1. Your baby will begin to settle deeper into the pelvis, usually head first.
2. It will probably be easier for you to breathe as pressure against your ribs and chest should be lessened.
3. You will probably want to urinate frequently as the settling of your baby causes pressure against your bladder.
4. Slight mucus or blood-tinged discharge usually means that labor will soon begin.
5. The sac of water surrounding the baby breaks and a large amount of water is released. This may happen at the beginning of labor or just before your baby is born; it may be a slow leak or a sudden gush.
6. Contractions of the uterus will occur. Contractions are when the muscles of the uterus tighten and then relax. They are opening the cervix. Count from the time one contraction starts to the beginning of the next contraction. At first they may be irregular. They may begin an hour apart, but the time between gets shorter as labor goes along. If this is your first baby, report to the hospital when the contractions become regular at about 10 minutes apart. Call your doctor and be prepared for him to tell you to start to the hospital. If you live a long distance from the hospital or have difficulty with transportation, you should go as soon as you are reasonably sure you are in labor.

Do not eat anything after you think you are in labor.

When you arrive at the hospital, report to the Clinic Emergency Room for admittance. Be prepared to answer (1) whether you are planning to breast feed, and (2) if your baby is a boy if he should have a circumcision. (Circumcision is minor surgery for removing the foreskin of the penis and takes only a few minutes.)

After you have registered and been admitted, you will be taken to a room and given a physical examination. The fetal heart tones, fetal position, the state of your cervix, and the state of your uterus will be checked and recorded. Your blood pressure will be taken and your blood type and RH factor will be rechecked. Your pubic hair may be shaved, and you may be given an enema.

Now that you are at the hospital, relax completely and be confident in the competent people who care for the well-being of you and your baby.

There are three distinct parts to the birth of the baby.

The first stage--which can last from a few hours to as long as two days--is called labor. It is the longest stage by far. It consists of the flattening out and opening up of the cervix until the opening is wide enough to let the baby's head through. Each contraction of the uterus causes the cervix to become thinner and to open a little wider. You will do your breathing exercises to lessen the tension, and to increase the oxygen supply to the uterus.

The second stage of labor begins when the cervix is completely dilated. This stage may last from five minutes to two hours. You will be taken to the delivery room and placed on the delivery table. Your doctor may make a small cut in the vaginal opening, called episiotomy and will be closed with a few stitches after the baby is born. An episiotomy will prevent the vaginal opening from tearing as the baby is born. During this period the baby is making its way down the birth canal and out through the vaginal opening into the world. After your baby is delivered, the doctor clamps the umbilical cord and cuts it.

In the third stage, the placenta and membranes, called the afterbirth, are separated from the uterus and are pushed out. The placenta is not needed any longer.

It will then be time for you to see the beautiful baby you have been carrying the past nine months.

8a. PREPARED CHILDBIRTH

Natural Childbirth is a term you will hear often. It is a program of education, exercise, and training which prepares you mentally and physically for labor and delivery.

You will want to learn about the ways in which you can help your baby have a safe arrival into this world, and ways to make birth a happy experience for you.

Fear has been established as one of the reasons for undue pain during childbirth. During labor, when a woman fears what is happening to her, her body becomes tense. This tenseness goes to the cervix and therefore it cannot dilate as easily as if she were relaxed and prepared for these natural birth contractions. The pressure of the baby's head against the tense cervix causes considerable pain and a cycle begins: fear causing tension, tension causing pain, pain causing fear, and the cycle starts again.

When labor begins breathe deeply, yet easily, in the upper part of your chest. This tends to relax the lower muscles used during actual birth. You will breathe through your nose and out through your mouth. If you can relax and concentrate on rhythmical breathing you will not feel the contractions nearly as much.

It would be a big help to you if you could enroll in a class on preparation for childbirth. They may be given at your hospital or clinic; there are many classes given by private instructors in their homes for a fee; or the techniques may be shown to you by your school instructors.

There are many books written on different methods of childbirth preparation. Some of the methods are Dick-Read, Lamaze, Wright, Kitzinger, and Bradley. They have many things in common and any one that you would choose to follow will give your childbirth a beautiful experience. Check with your instructor for some books to read or go to your city library.

8b. CAESAREAN SECTION

Caesarean section delivery is necessary if a mother's pelvic bone structure is too narrow to permit the baby's head to pass through it easily. An incision is made in the abdominal and uterine wall and the baby is brought out through the incision instead of through the birth canal. This is a major operation and it means a longer stay in the hospital as the abdominal wound heals.

A caesarean section delivery would be performed if the uterus would not contract properly or if the placenta has grown over the entrance to the pelvis.

This operation is performed quite frequently and should not give a mother any trouble after the time it takes to heal.

9. CIRCUMCISION

Circumcision is the removal of the foreskin of the penis. The foreskin is the loose fold of skin that covers the end of the penis.

Circumcision is felt to be a health measure. You should decide before you go to the hospital if you want to have your baby circumcised if it is a boy. You will probably be asked to sign a written consent when you enter the hospital.

If a boy is circumcised shortly after birth, the operation is minor surgery. It may be done in the delivery room with your consent. What the doctor does is to remove part of the fold of skin that covers the tip of the penis. The wound is small and will heal in a few days. It will probably look worse to you than it feels to your baby.

Cleanse the area gently and apply petroleum jelly or ointment following your doctor's instructions after you are home. (Your doctor may not want you to do anything except watch for infection.)

10. BIRTH CERTIFICATE

Every baby born in the United States must be registered at birth. It is a legal proof of the date of your child's birth and citizenship.

The hospital will take the main responsibility for seeing that your baby's birth certificate is completed and sent to the registrar of births in your county.

You will be asked for your name, address, age, occupation of both you and the baby's father. If your baby is to be adopted, this information will be supplied by its new parents and will be recorded on the birth certificate after the court has finalized the adoption.

The hospital or your doctor will furnish the necessary facts about your baby's birth. The certificate must be signed by your doctor.

It will save you some trouble if you have both a name for a boy and for a girl chosen before you go to the hospital and it therefore can be entered on the birth certificate when it is first registered.

Your baby's birth certificate is very important. As soon as you receive it, check it for accuracy. Be sure names are spelled correctly and dates are right. Keep it in a safe place since it will be needed by your child for entering school and later for other important occasions.

11. THE LAYETTE

A layette is a selection of clothing and equipment for a newborn infant. The amount of money you have to spend on things for your baby, your washing and drying facilities, the climate, and the time of the year your baby is born will influence what you buy or borrow for your baby's layette.

When selecting clothing choose them light in weight, warm, and loose to allow free action. The following is a list you may want to consider:

- 3 to 4 dozen diapers
- 3 shirts (6 months size to allow for growth)
- 5 gowns
- 1 pair or two of socks or knitted booties
- 2 or 3 blankets--washable
- 1 heavy wrapping blanket
- 2 or 3 waterproof pants
- 2 or 3 sheets
- 2 or 3 rubberized pads
- towels and wash cloths

Your baby's most important piece of clothing is the diaper. There are many types of diapers on the market. Your choice should depend on your baby's comfort, your budget, and on the amount of time you have for doing laundry. Disposable diapers are less work but are more expensive and they irritate the skin of some babies. Cloth diapers take a great deal of effort to soak, wash, bleach, dry, and fold. Wouldn't it be wonderful to be RICH and hire a diaper service to pick-up and deliver?!

Choose a type of gown that will be easy to put on and take off. Babies grow very rapidly during the first few months and the period for usefulness of tiny garments is very short.

It is best to postpone buying girl's dresses or boy's suits until after your baby has arrived when you will know for sure which you will need. This may be why you can find as many yellow and light green baby things as you can find blue and pink!

Blankets should be light in weight and of material that will wash easily. Since you will need several, it would be a saving if you purchased a large blanket and cut it so you have four crib size blankets, then hem the raw edges.

You may be able to borrow a crib for your baby, find one at a thrift store or garage sale. They come in several sizes. When purchasing one, do not get too small a crib as your baby will soon be too large for it. Check to see if the bars are close enough that a baby's head cannot slip between them--no more than 2-3/8" apart. The mattress needs to be firm and have a waterproof covering. Be sure the mattress fits the crib snugly. Check to see that the locks and latches on the dropside cannot be easily tripped. Use non-toxic paint if you are repainting a crib.

An infant seat is convenient for carrying your baby. You may be able to borrow or buy one from a friend. Later when you take your baby in the car with you, you must be sure he is strapped in safely but not overly tightly. A baby or child (and even an adult) who is not strapped in can become a "flying object" in the event of an accident and could become permanently damaged.

HOW MUCH MONEY WILL YOU NEED?

You may need to talk with your doctor and shop at maternity and baby departments to complete the questions on this page

maternity clothes

pants (slacks, jumpsuits, shorts) _____
tops (blouses, sweaters, tee-shirts) _____
brassieres _____
underpants _____
dresses _____

Total _____

hospital & medical fees

doctor _____
hospital room, 3 days _____
delivery room charge _____
anesthesia _____
laboratory work _____
nursery, 3 days _____
circumcision _____
medication _____

Total _____

Medical insurance may cover a good part of the fees. There are also several prenatal clinics where a pregnant woman can receive good medical attention for a nominal fee.

baby's wardrobe

shirts (3) 6-month size _____
nightgowns, 2 or 3 _____
diapers, 3 or 4 dozen _____
receiving blankets, 2 or 3 _____
sweater & cap _____
booties, 1 or 2 _____
waterproof pants, 2 or 3 _____
towels and washcloths _____

Total _____

crib
 crib bumpers
 crib mattress & pad
 sheets, 2 or 3
 crib blanket, 2 or 3
 bottles, 3 if breast-fed;
 8 for bottle feeding
 equipment for sterilizing
 infant seat
 diaper bag
 diaper pail

Total

baby's equipment

later needs

car seat
 playpen and pad
 high chair or feeding table-chair

Total

GRAND TOTAL

If you choose, you could now list the sources of
 your income, your living expenses, any debts you may have,
 and project for the next nine months what your financial
 situation is likely to be.

12. POSTPARTUM PERIOD

The six weeks following the birth of your baby is generally called the postpartum period. Your uterus will weigh about 2 lbs. and will be about 5 inches wide and 7-1/2 inches in length when your baby is born. Within six weeks the uterus will return to its usual nonpregnant state of 2 ounces and 2 inches by 3 inches. For several days after you deliver you may have what is called "after pains." They are cramps similar to menstrual cramps which are caused by the squeezing of the uterus shrinking itself back to its original size. The "after pains" are greater for women who have had several babies. Nursing, number of pregnancies, physical activity, and your physical condition influence how fast your uterus returns to its normal condition.

The waste products are passed out in a bloody discharge known as lochia. This will begin immediately after delivery and continue for three or four weeks. This shows a healing process is taking place.

If you are not nursing, your breasts return to their normal size. (See section 17 for information on nursing.)

Abdominal muscles start to regain their normal tone and elasticity very soon. Your hormones must readjust to take over the job of managing your menstrual cycle again.

How do you think you will feel after arriving home with the new baby?

How do you think you feel about relatives and neighbors coming to see your new baby?

What do you think about the baby's father?

How do you think the baby's crying will affect you?

You must have a doctor's examination six to eight weeks following birth so he can see if your body has returned to a healthy nonpregnant condition.

Although your menstrual period may not return to normal for several weeks after delivery--longer if you are breast feeding--you will be able to conceive again shortly after giving birth. Breast feeding does not prevent conception.

Discuss resuming sexual activities with your doctor. Ask him for guidance in choosing the birth control method that is best for you--one that is within your own moral and religious principles. If he doesn't give you satisfactory information, you can go to a Family Planning Clinic or Public Health Nurse.

You will probably want to do some exercises for toning up and getting back into condition the muscles that were stretched during pregnancy. Check with your doctor for instructions.

One exercise that is not vigorous but will help get you started on muscle toning is to contract the muscles of your stomach, vagina, and rectum. Count to six slowly, and then relax completely. You can do this anytime and most anyplace.

There is no reason why you can't lose every ounce and inch that you want to. If you think you gained excess weight and your body must keep it because you have had a baby, you are definitely wrong.

EXERCISE RECORD

First Week Exercises .(check each day you do each exercise)

1. Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

2.

3.

Second Week Exercises Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

1.

2.

3.

Third Week Exercises Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

1.

2.

3.

Fourth Week Exercises Mon. Tues. Wed. Thurs..Fri. Sat. Sun.

1.

2.

3.

(FINAL EXAM--PART I)

13. ANALYSIS OF WHAT YOU HAVE LEARNED

The birth of a new human being can be a beautiful occurrence. Answer the following questions about the birth of a baby.

1. What makes a girl suspect that she is pregnant?
2. What happens after the egg and sperm unite?
3. Why do some women have twins?
4. Which parent determines the sex of the child?
5. What should a pregnant girl eat?
6. What three nutrients should you have everyday for building material?
7. Why is the mother's egg cell larger than the sperm cell?
8. What happens during each trimester of pregnancy?
 - I.
 - II.
 - III.
9. How does the fetus receive nourishment to grow?

10. Why doesn't the baby drown in the amnion fluid?
11. Why does a pregnant girl have to urinate so frequently?
12. What is a cesarean section?
13. How will you know when you are about to go into labor?
14. How can you help during your labor?
15. How many days is there in a normal pregnancy?
16. Is giving birth to a child a dreadful experience or a beautiful happening?

Discuss your answers with your instructor.

Put a check in front of the things that a fetus can do.

- ☐ 1. The fetus can swim.
- ☐ 2. The fetus can kick.
- ☐ 3. The fetus can see.
- ☐ 4. The fetus may hiccup.
- ☐ 5. The fetus can make noises when he cries.
- ☐ 6. The fetus receives nourishment from the placenta.
- ☐ 7. The fetus can hear.
- ☐ 8. The fetus can bend his arms and wrists.
- ☐ 9. The fetus can eat through his mouth.
- ☐ 10. The fetus can suck his thumb.
- ☐ 11. The fetus can urinate.
- ☐ 12. The fetus breathes through his mouth.
- ☐ 13. The fetus can open and shut his eyes.
- ☐ 14. The fetus can swallow.

Explain the following terms:

ovulation-

fallopian tube-

uterus-

vagina-

amnion-

cervix-

sperm-

trimester-

embryo-

fetus-

chromosome-

fraternal twins-

RH factor-

stages of labor-

contractions-

circumcision-

layette-

postpartum period-

prenatal-

placenta-

umbilical cord-

jaundice-

14. THINKING ABOUT YOUR FUTURE

Your future is what you make of it. Right now you can make decisions that will lead to making your dreams come true. Right now you are facing some of the most important decisions you will ever make.

What do you think about most of the time?

What year will you earn your high school diploma?

What are you planning to do after high school?

How do you visualize your life as an adult?

How do you visualize yourself as a mother?

How do you visualize reactions from your friends?

How do you think you would feel if you gave your baby up for adoption?

How do you think the father of the baby feels?

List five major goals you have for your future:

Make arrangements to discuss your answers with your instructor or counselor in a private situation.

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